

Friends of Eastfield Park (FoEP)

Headlands & Eastfield Against Litter (HEAL)

GENERIC LITTER PICKING PRECAUTIONS

PLEASE READ CAREFULLY

❖ **Infectious Diseases:** In addition to the guidance provided here, all volunteers should follow current Government advice concerning social distancing, size of groups, etc.

CHILDREN: Children should always be supervised by a responsible adult and never work alone.

PERSONAL PROTECTION: All volunteers should have up-to-date tetanus protection.

- **IF YOU ARE NOT WORKING AS PART OF AN ORGANISED COMMUNITY CLEAN-UP, TELL SOMEBODY WHERE YOU ARE GOING AND WHEN YOU ARE EXPECTED BACK.**
- **CARRY A MOBILE PHONE FOR CONTACTING SOMEBODY IN CASE OF EMERGENCY.**
- **WEAR GLOVES AND OTHER PROTECTIVE CLOTHING AS REQUIRED. Blue, disposable (single use) gloves will be provided for community clean-ups. WEAR STRONG BOOTS OR SHOES.**
- **WEAR HI-VIS VESTS, ESPECIALLY WHEN WORKING NEAR TRAFFIC.**
- **PROTECT CUTS AND BROKEN SKIN FROM COMING INTO CONTACT WITH SOIL OR WATER. (A first aid kit will be available for all community clean-ups.)**
- **ONLY USE LITTER PICKERS TO PICK UP LITTER. (Rarely, it may be necessary to use gloved hands, but this should be kept to a minimum.)**
- **DO NOT PICK UP ANY NEEDLES OR BROKEN GLASS! Report them to the Local Authority. DO NOT ATTEMPT TO CLEAR AWAY ANIMAL FAECES.**
- **PLACE LITTER IN STRONG WASTE SACKS AND TIE THEM UP WHEN YOU STOP COLLECTING.**
- **DO NOT OVERFILL BAGS OR PUT ITEMS INTO THEM THAT WILL CAUSE THEM TO TEAR; ENSURE THAT BAGS ARE NEVER TOO HEAVY FOR ONE PERSON TO LIFT EASILY.**
- **DO NOT EAT, DRINK OR TOUCH YOUR FACE DURING LITTER-PICKING.**
- **WASH HANDS WITH SOAP AND WATER OR HAND SANITISER AS SOON AS YOU CAN AFTER COMPLETING THE LITTER-PICK. Sanitiser will be provided at community clean-ups but, if possible, carry hand sanitiser with you.**
- **TAKE GREAT CARE WHEN LITTER PICKING ALONG PAVEMENTS AND ROAD VERGES. FACE THE ONCOMING TRAFFIC AND DO NOT COLLECT LITTER FROM THE CARRIAGEWAY ITSELF. DO NOT LITTER PICK ALONGSIDE ROADS WITH A SPEED LIMIT GREATER THAN 30 mph.**
- **WEAR LONG SLEEVES WHEN WORKING CLOSE TO HAZARDOUS PLANTS; BEWARE OF PLANTS WITH SPIKES OR THORNS. BEWARE OF OVERHANGING BRANCHES WHEN WORKING NEAR TREES; DO NOT LITTER PICK NEAR TREES DURING HIGH WINDS (Chance of branches or even whole trees falling). TAKE EXTRA CARE EVEN DURING MODERATE WINDS.**
- **TAKE GREAT CARE IF LITTER PICKING NEAR WATER; NEVER ENTER WATER TO COLLECT WASTE ITEMS.**
- **DO NOT MOVE FLY-TIPPED RUBBISH. REPORT IT TO THE COUNCIL SO THAT IT CAN BE SUITABLY INVESTIGATED.**